

EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM (EFNEP)

EFNEP Makes a Difference in Health Care Costs and Food Expenditures

Obesity, diabetes, hypertension, osteoporosis, heart disease and problem pregnancies are conditions linked to poor food choices.

According to a study conducted by the University of Virginia, for every \$1.00 spent on Expanded Food and Nutrition Education



Program, there is a potential health care savings of \$10.64.

There's more good news. The University of Tennessee found that for every dollar spent to implement the Expanded Food and Nutrition Education Program (EFNEP), \$2.48 was saved on food expenditures by clients. This can reduce the need for emergency food assistance and save money for other necessities.

Program Goals:

- Assist limited income families to improve their family's nutritional well-being
- Conduct "hands-on" lessons focused on developing practical skills related to nutrition, food preparation, food safety, and food security (stretching the food dollar)
- Increase outreach to Tent Cities and Foodbanks

Program Impacts:

- Seven educators delivered a series of 6-12 lessons to 1,673 youth and adults from limited income families in King County.
- 83% of families eligible to complete the program, graduated.
- The audience was diverse: American Indian/Alaskan 3%, Asian/Pacific Islander 11%, Black 12%, White 34%, and Hispanic 40%.
- Nearly 75% of women participating in the program were of child bearing ages. 23% were pregnant or nursing.
- 132 volunteers, primarily adults made positive contributions to EFNEP programming.

Positive Changes in Food Behaviors and Nutrition

- 39% compared prices when shopping more often
- 63% ran out of food less frequently before the end of the month
- 41% prepared food without added salt more frequently
- 58% more frequently used labels to make food choices
- 42% reported that their children ate breakfast more often
- 52% more frequently followed the 2 hour rule for perishable foods.



EFNEP Extension Educators delivering a food demonstration

Photo: WSU Faculty

Special Outreach in 2005 with Food Banks and the Homeless

Community food banks provide a significant source of food for many King County residents. This year, several of our educators are working to improve the nutrition and food security through special programs at food banks and Tent City. Often specialty foods like plantain, egg plant, rhubarb, Chayote (Mexican squash) and Jicama are not selected by food bank participants. Our educators are developing recipes for foods that routinely are found in food bank and for specialty foods that may be new to participants. In 2005, one food bank received 100 cases of rhubarb that were literally sitting on the shelves. With recipes, food demonstrations, and samples of rhubarb bread pudding, muffins and fruit burritos, the rhubarb supplies was quickly depleted from the shelves and most importantly, consumed. When participants can “taste and use” food bank items, they improve nutrition and food security for themselves and their families.

Tent City

Coordinating with the Tukwila Methodist Church Food Bank, one of our educators worked weekly with residents of this Tent City location. Our EFNEP Educator walked through Tent City inviting residents to attend an educational session using non-cook foods. They made and tasted the recipe using items available from the food bank. Recipes included salads, hummus, honey-milk balls, salmon dip, and non-cook veggie burritos. She discussed good nutrition, food preparation, and basic food safety practices that could be incorporated in their daily practices.



Educational session using non-cook foods at a Tukwila Tent City
Photo: Seattle Times Files

Outcomes: In addition to improving their overall nutrition, Tent City residents improved self esteem. Many residents continue to serve as community volunteers for the food bank even though Tent City has been re-located near Harborview Hospital. Using public transportation, they volunteer weekly and continue to attend education sessions.

Germ City: Clean Hands, Healthy People Program



Hand washing is the single most important barrier to the spread of foodborne illness according to the Centers for Disease Control. Germ City is a unique, interactive exhibit, education, and research program developed by Washington State University Extension.

Children and adults traverse a large, black-lighted tunnel to see a germ simulation on their hands. After washing, participants revisit the tunnel to check the effectiveness of their hand washing technique. Education programs that support the Washington Essential Academic Learning Requirements were delivered in elementary and middle schools and during fairs and festivals.

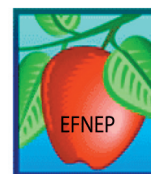


Germ City demonstration
Photo: WSU Staff

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